

## CLAIMS

1. An anti-allergic agent comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
2. An anti-allergic food comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
3. An anti-allergic food additive comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
4. A pollinosis-relieving agent comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
5. A pollinosis-relieving food comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
6. A pollinosis-relieving food additive comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
7. An agent for lowering IgE levels in serum, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
8. A food for lowering IgE levels in serum, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
9. A food additive for lowering IgE levels in serum, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
10. An agent for inhibiting the production of IL-4, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
11. A food for inhibiting the production of IL-4, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.
12. A food additive for inhibiting the production of IL-4, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.

13. An agent for inhibiting the production of TNF, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.

14. A food for inhibiting the production of TNF, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.

15. A food additive for inhibiting the production of TNF, comprising ground lotus and/or a lotus extract and a lactic acid bacterium.